

**MACHINE FOR PHYSICAL AND MENTAL PREPARATION OF THE BODY  
PRIOR TO THE PRACTICE OF SPORTS**

Ever since sport has existed, its adepts have carried out exercises –  
5 commonly known as "warm-ups" – consisting of short runs, successive  
jumping and movements of the arms. It is common to see these movements  
during football matches, tennis matches and golf competitions.

As a result of this preparation immediately prior to the game, the player's body  
is duly adapted to the rapid movements it will be required to carry out.  
10 However, this practice does not comprise total nor sufficient muscle toning,  
nor are these movements adequate to produce the relaxation and preparation  
necessary before commencing the game, free of nerves and with the entire  
muscular system of the human body ready for action.

An example to demonstrate this is offered by the game of golf, and the well-  
15 known and much feared moment of tension surrounding the "FIRST TEE".

This first shot has such an influence that in games between friends it is  
common to revert to the practice of the so-called "mulligan", allowing the  
player to take a second shot without any penalty, given that it is understood  
that the first shot, due to the nerves of the moment or the numbing of the  
20 muscles, is invariably a mishit.

Now, with the invention of the "Machine for physical and mental preparation of  
the body prior to the practice of sports", which is currently pending patent  
applications, there is a solution to this problem which still persists today,  
offering relaxation and easing of the muscles and the nerves and important  
25 benefits for players, even the elderly.

It consists of a vibrating machine which has a built-in external vibrating motor with a system based on the movement of unbalanced masses. Logically, the weights of the masses used need to be suitable for the function which is to be carried out, taking into account that the entire structure of the machine moves  
5 without the need for any kind of supporting attachment.

The four supporting legs of the machine are equipped with anti-vibratory rubber stoppers, which keep it fixed and prevent the vibrations from being transmitted to the floor.

Given that the entire structure produces vibrations, any section or part of the  
10 same can be used to produce the desired effect.

The machine consists of a vertical rectangular section with tubular parallel edges (1), which then curve (2) to form a horizontal rectangular base (3), upon which the user places their feet to receive the vibrations.

Attached to the bottom corners of the base are four vertical supporting feet  
15 (4), which are equipped at the bottom end with anti-vibratory rubber stoppers (5).

At the top of the machine are two balls at the end of the tubular edges for users to place their hands and receive the vibrations (6).

These spherical points have been intentionally designed this way so that upon  
20 holding the same, the hands receive vibrations on the totality of their surface area.

Furthermore, these balls may be decorated in the form of golf balls, tennis balls, footballs, basketballs, or in any other manner users may wish.

Underneath these balls are hollow cylindrical bars which continue vertically  
25 downward in parallel lines. On the upper section of the same are two horizontal bars, one below the other, (7) which users may also take

advantage of to receive vibrations, choosing the bar which best suits them according to their height.

At the bottom of the vertical bars are two other parallel horizontal bars (8) between which the electric motor is placed (9). This is equipped with an  
5 external vibrator which when activated moves the entire structure without the need for any means of supporting attachment.

Continuing downward, the parallel vertical bars bend forwards, each of them forming a flat horizontal platform or base for users to place their feet and also receive the vibrations.

10 The empty space in the centre between the horizontal bars of the vertical section of the structure may be used to place the instructions for use of the machine, advertising, drawings, etc.

Attached on the underside of the base on the four corners are the supporting feet for the machine, which are equipped at the bottom end with anti-vibratory  
15 rubber stoppers which serve to keep the machine steady and also prevent the vibrations from being transmitted to the floor..

Given that the entire structure of the machine, which is currently pending registration, produces vibrations in any part of the same, it results in a general movement of the entire body, massaging the muscles, activating the  
20 circulation and relaxing the nerves.

The machine starts to function after inserting a coin in the deposit (10), thereby activating the power supply to the motor and the timer.

In order to facilitate an understanding of the "Machine for physical and mental preparation of the body prior to the practice of sports" a series of diagrams of  
25 the machine is also provided.

We do not consider it necessary to make a more extensive description for any expert in the field to understand the implications of this invention and the benefits it offers.

The matters set out in this description should always be understood in their  
5 widest sense and not limited in any way.

The materials, shape, size and arrangement of the elements may be subject to variation, provided that this does not comprise an alteration to the essential features of the invention, which are set out in the claims below.

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